



## NATIONAL DIABETES PREVENTION PROGRAM

*FREE lifestyle change program to reduce the risk of type 2 diabetes.*

- The Centers for Disease Control and Prevention (CDC) estimates that more than 1 in 3 US adults has prediabetes.
- Prediabetes can increase a person's risk of developing type 2 diabetes, heart disease, and stroke.
- The National Diabetes Prevention Program (NDPP) is a lifestyle change program proven to prevent or delay type 2 diabetes.
- The NDPP is a CDC-approved curriculum with sessions led by a trained lifestyle coach.
- Through the NDPP, you will receive support from others like you as you learn new skills about how to eat healthy and increase your physical activity.

### DIABETES CARE CLINICS

**TAKE A TEST TO SEE IF YOU ARE AT RISK FOR PREDIABETES**



Scan the QR code above or visit:

[www.surveymonkey.com/r/PreDMTest](http://www.surveymonkey.com/r/PreDMTest)

**CONTACT US TO ENROLL TODAY!**

 Email: [diabetesclinics@pacific.edu](mailto:diabetesclinics@pacific.edu)

 Call: (209) 932-4200

 Visit: [go.pacific.edu/diabetesclinics](http://go.pacific.edu/diabetesclinics)